

Above and Beyond

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Beginner
编舞者: Yu Sugawara (JP) - November 2023
音乐: Above and Beyond - Rhonda Vincent & Daryle Singletary
或: Hey, Good Lookin' - Hank Williams



****"Above And Beyond" has Easy Tag 2times**

****When using "Hey, Good Lookin'", there is No Tag , No Restart**

(1-8) Right Vine Touch, Left Vine Touch

1.2.3.4. Step R to right side, step L behind to R, step R to right side, touch L next to R
5.6.7.8. Step L to left side, step R behind to L, step L to left side, touch R next to L

(9-16) Toe, Heel, Forward, Toe, Heel, Forward, Out, Out

1.2.3. Tap R toe side(knee in), tap R heel side(knee out), step R forward
4.5.6. Tap L toe side(knee in), tap L heel side(knee out), step L forward
7.8. Stomp R side, stomp L side

(17-24) Toe Fan (R,L), Diagonally Back, Touch w/clap (R,L)

1.2. Fan R toe while lifting toe, return to center
3.4. Fan L toe while lifting toe, return to center
5.6. Step R diagonally back, touch L next to R w/clap
7.8. Step L diagonally back, touch R next to L w/clap

***Option for count 1-4 exchange Toe Fan to Sugar Foot (Swivet)**

1.2. (Weight on ball of LF, Heel of RF) Swivel heels to left /Toes to right, Return feet to center
3.4. (Weight on ball of RF, Heel of LF) Swivel heels to right /Toes to left, Return feet to center

(25-32) Back Rock, Recover, Step 1/4turn, Step 1/4turn, Stomp, Hold

1.2. Rock R back, recover to L
3.4. Step R forward, turn 1/4 left
5.6. Step R forward, turn 1/4 left
7.8. Stomp R beside L (keep weight to left foot), Hold

REPEAT

TAG Jazz box after wall 3 (6:00) and wall 8 (12:00)

1-4 Cross R over L, step L back, step R side, cross L over R